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WARTBURG TRUMPET

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See who is running and what their plans are for Wartburg College

New Year's Resolutions 5
Students try to keep their resolutions intact

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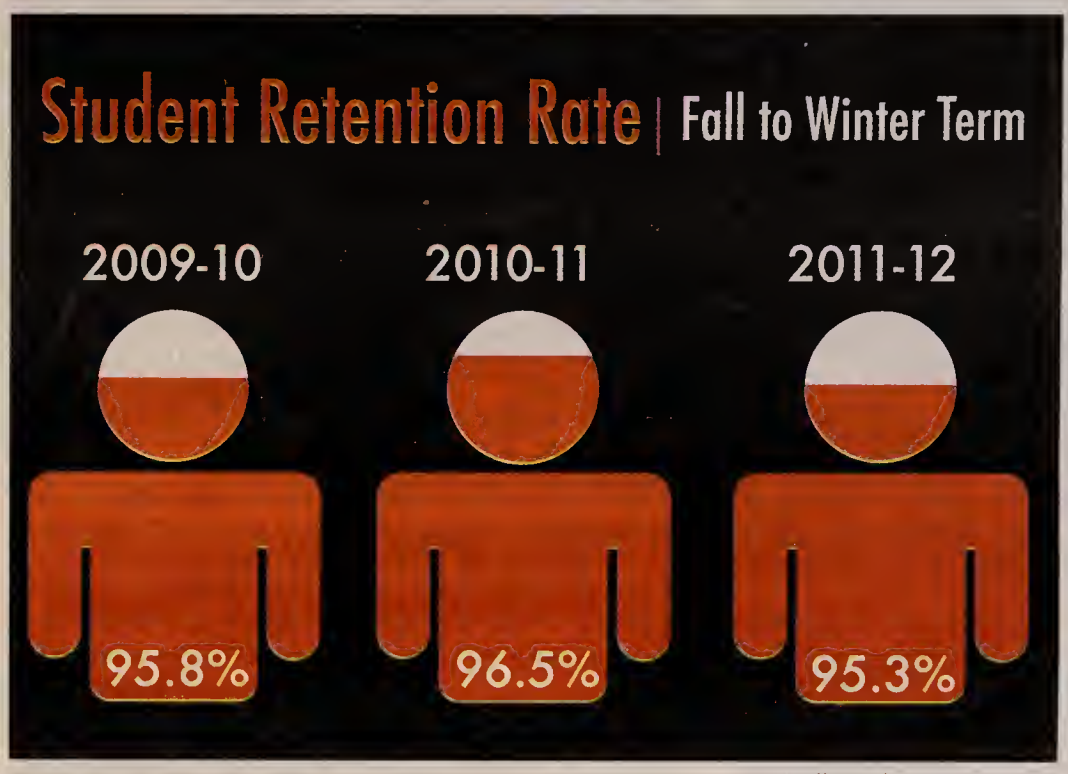

Molly Anderson/*TRUMPET*

Retention drops slightly

HANNAH COX *KNIGHTLIFE EDITOR*
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This year's fall to winter retention figure is down about one percent compared to last year, Edith Waldstein, vice president for enrollment management, said.

Last year, the fall to winter retention was 96.5 percent. Waldstein said this was the highest it has ever been in the college's history. This year she said the retention is 95.3 percent.

Waldstein said there is a greater risk to the retention when there is a larger enrollment number.

"It usually is true that the larger enrollment you have, whether it's the incoming class or whether it's overall enrollment we were higher in both," Waldstein said. "There is a correlation of slightly lower retention."

Waldstein said the fall to fall retention is the more significant retention figure and each year a goal is set that the college hopes to reach.

"The ideal goal would be 100 percent, but that's completely unrealistic. We try to increase it every year a little bit," Waldstein said.

She said the goal for the fall of 2012 retention is 89.1 percent for the entire student body.

This winter term there are 1,727 students. Waldstein said fall to winter retention is usually higher because the pattern of student enrollment is that if students are going to leave they usually wait until the end of the academic year instead of the middle.

When a student makes the decision to leave Wartburg they are required to have an exit interview with Waldstein.

There are two reasons Waldstein said she has a meeting with the students.

▸ COLLEGE SEES—p.2

College hires new dean of faculty, VP of academic affairs

MATT CUNARD *NEWS EDITOR*
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Dr. Mark L. Biermann was announced as the new vice president of academic affairs and dean of the faculty for Wartburg College at last Thursday morning's faculty meeting.

The announcement comes at the end of a search that started in October to replace Dr. Ferol Menzel, who retired at the end of last school year.

Mark Biermann

Biermann, who is currently the dean of the school of natural and applied sciences at Taylor University in Upland, Ind., stood out to the committee because of his commitment to faculty and student development, President Darrel Colson said.

"Central to what we do at Wartburg College is the learning of the students, and that's what he gets really passionate about," Colson said. "He really cares about how students can learn, he really focuses on faculty teaching and student learning."

Biermann said he applied for the job opening because of what Wartburg stands for.

"The primary reason was that I saw a strong alignment between values that I hold, things I hold very important and the mission of Wartburg," Biermann said.

Building on the previous success of deans of faculty before him and making sure students receive a total education are two of Biermann's goals during his tenure, he said.

"I guess in particular just for me are to ensure that we have a very strong linking of the curricular and the co-curricular programs, so that Wartburg students get a whole person educational experience," Biermann said.

"There's so many formative experiences that can occur if the students are experiencing that whole person education."

Besides being a dean at Taylor University, Biermann has also held teaching or administrative positions at Eastern Kentucky University, the United States Naval Academy and Houghton College, among others.

Academic ombudsperson MacKenzie Benson, the onlystudent on the search committee, said that Biermann's continued teaching in tandem with his administrative roles will be beneficial for Wartburg.

"To expect all the faculty members to connect to an individual that has spent the last 25 years in administration, they may feel they are disconnected from the classroom," Benson said. "Knowing that up until a couple years ago he was still

▸ SEARCH COMMITTEE—p.2

'The W' adds new hitting area, putting green for indoor practice

AL STRAIN *EDITOR-IN-CHIEF*
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Visitors to "The W" are now able to practice their drives, chips and putts thanks to a new golf hitting area in between the two racquetball courts.

The hitting area was made possible by about $10,000 in donations. Head women's golf coach Monica Severson said the team required something more functional for hitting in the winter.

"Obviously you can't practice outside the whole time," Severson said. "We didn't have any particular source of money, so we actually had four people who donated."

The hitting area contains a putting green with three holes. It also has a room with an impact screen so users can hit off a tee.

Sheila Kittleson, interim director of "The W," said the hitting screen is a projector screen serving as an impact screen. Right now there is no program to simulate a virtual golf course.

"[A simulator] is still in discussions," Kittleson said. "They're fairly expensive and not in the budget at this point in time. There are less expensive options that we'll take a look at, it might just be based on the demand."

The golf teams have their own launch monitor to use in the hitting area, which is not yet in place in "The W." Severson said her team doesn't really need anything to play virtual courses.

"We were able to get something that's more functional," Severson said. "Our golfers will know if they hit the ball well or not."

Severson said despite the addition of the hitting area, she doesn't intend to change her offseason program. She said the space is a nice resource but isn't large enough to hold a team practice.

▸ HITTING AREA—p.2

Donations from four people helped to fund the new hitting area and putting green in between the racquetball courts in "The W."
Photo illustration by Ksusha Protchenko/*TRUMPET*

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NEWS

Because of a new policy change students can now bring their backpacks into the Mensa. Thefts and other logistical problems the last two years forced the change. — **Emily Novotny**/*TRUMPET*

Mensa changes backpack policy

EMILY NOVOTNY*STAFF WRITER*
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This year book bags are allowed throughout the Mensa Dining Hall after several policy changes. Director of Dining Service Margaret Empie said when she first started at Wartburg, book bags were not allowed in the Mensa.

The policy was reshaped because of two years of mishaps problems.

"Not everybody in the world is honest, so we had some little rashes of thefts," said Empie. "I made a point with the checkers that we have to do something."

Junior David Hoehne was a victim of the theft when he left his book bag on an outside Mensa cubbie.

"After eating in the Mensa one day, I couldn't find my book bag or my laptop," said Hoehne. "I asked around and the Mensa workers and security said things were getting a stolen a lot lately so I was not the only one."

Hoehne said ITS was able to track down his laptop through the Bradford Network system. They ended up finding Hoehne's laptop along with other stolen book bags.

In order to prevent future thefts, Empie said they changed the policy by allowing the cubbies into the main entrance of the Mensa with the idea that the ticket checker could prevent the theft. For extreme valuables, there was a secure area behind the checkers where students left their ID and item together.

"I didn't really want to bring book bags back into the Mensa yet because everyone has one and people could trip over them," Empie said. "We're not really into being the grocery store either because that would change food costs which would change board plans."

This process was unsuccessful because it was physically hard on the ticket checkers and it was hard to keep an eye on all book bags. Empie said the cubbies and the ID process could be successful but not with one ticket checker.

"It's just a matter to figure out what works best," Empie said. "The old food service rules didn't want people stealing food and I understand that, but at some point, we've got to be grown up about this."

Dining Services agreed to allow book bags back into the dining area because Empie said they are relying on the students to be considerate.

Hoehne brings his belongings into the Mensa and he said he appreciates the new policy because he can keep a close eye on his own personal items.

If students take advantage of this privilege the food plans will increase, Empie said, and the students will be the ones paying the price.

"This system will work if people choose to use it right," Empie said.

Search committee looked for best fit for college

◂ continued from p. 1

teaching I think makes a huge difference for the college and our culture here."

The search to replace Menzel began in October, when the college hired a search consultant that created a list of dozens of candidates, Colson said.

After interviewing a list of eight candidates in Minneapolis, the final three came to campus to visit with various groups.

The decision to hire Biermann was solely Colson's to make, Dr. Todd Reiher, professor of psychology, said. The search committee, made up of seven faculty members, two staff members and Benson, discussed each candidate but did not rank them.

"We didn't rank the candidates because we didn't think it was fair to whomever was hired to have that person arrive on campus and have the committee know that the person was second choice or first choice or third choice," Reiher said. "Our discussions were which of the candidates were acceptable and why we thought they were."

Colson said Biermann will officially start on July 1 of this year, and that Biermann brings a diverse background with him to Wartburg, something Colson hopes can help move Wartburg forward into the future.

"He's going to bring to us an enthusiasm for the teaching and learning process, he's going to bring to us a lot of experience in building and developing spaces that are conducive to learning to education," Colson said.

"He's a quiet guy, but once you get him going he says some interesting things."

Hitting area also available for those not on golf teams

◂ continued from p. 1

"During our fall season and our spring seasons when we have our team practices and we're outside that's fine," Severson said. "But the in between is very individual."

The new hitting area could also help in recruiting, Severson said. She said many schools that Wartburg recruits against don't have this type of facility.

The hitting area opened to the public last Monday. The putting green is available on a first come first come, first serve basis while the driving area needs to be signed out in hour timeslots.

College sees learning opportunity in students that leave school

◂ continued from p. 1

"The first reason is to make sure that they have good information to be making a really important decision," Waldstein said.

"The other is then if in fact they are convinced they should leave and they have good information. Then I try to find out what it is that went into their decision making process and how we can learn from that."

Waldstein said the college tries to learn from the different reasons the students leave and improve from those reasons.

"In all cases its not just one reason, typically what happens in student's experience is they'll be two or three or four things that kind of come together and at some point they come together in such a way it's sort of a tipping point," Waldstein said.

Some students take a leave of absence and intend to return, some leave for academic reasons and some are disillusioned with athletics, Waldstein said. Financial consideration, distance and serious health issues are also reasons she said students make the decision to leave.

Student media bring back 17 awards from ICMA convention

Student media leaders traveled to Des Moines last week to receive awards at the Iowa College Media Association Annual Convention.

All together, the Trumpet, Circuit, WTV8 and KWAR won 17 awards.

Trumpet staff members won six awards, and Circuit staff members won three awards.

KWAR garnered five awards, while WVT8 brought back four awards.

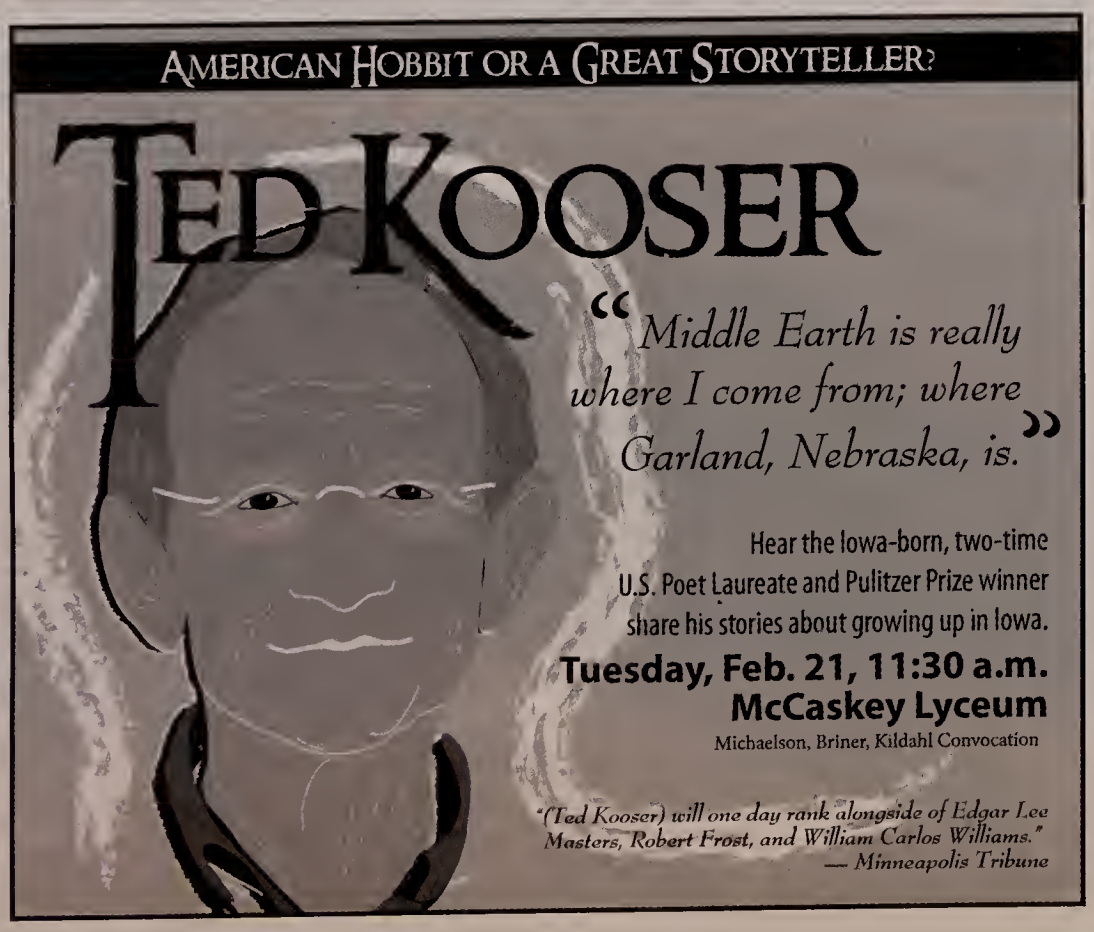
Student media from Wartburg College enter their work in various categories every year in this competition, going against other colleges throughout Iowa.

No Trumpet next week, returns in two weeks

There will be no Trumpet next week as the Trumpet staff will be in Minneapolis next weekend attending the Associated Collegiate Press convention.

This convention is a chance for the staff to learn more about various journalistic areas in order to create a better Trumpet.

The Trumpet will return in two weeks.



OPINION & EDITORIAL

WORD FROM THE WISE:

Get your dream job with networking connections

DEREK SOLHEIM *GUEST COLUMNIST*
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Derek Solheim

Networking is an increasingly important skill in today's job market and it can often help you get a job after college. Today, the best jobs often come from word-of-mouth.

So why are so many people going to the major career websites, searching for jobs and uploading their resume? The reality is that getting a call back from an employer is very slim on the big job boards. Recruiters are overwhelmed with hundreds of resumes for each job and are looking for ways to filter down the list of candidates.

How much easier would it be if you had a connection at a company that would recommend you to the recruiter? These inside sources often help get your resume in the hands of the decision-makers.

Start cultivating your network today and use this valuable resource to help you succeed in your job search. To make the most of your network, follow these five networking tips.

First, create a short personal elevator pitch. An elevator pitch is a short description of yourself that explains the who, what, when, where and why of your personal goals to a new person. Use it for your profile on professional social networking sites.

Second, create and distribute your personal business card by creating a clean, simple card, printed on high quality paper. Keep them handy in case you meet someone new.

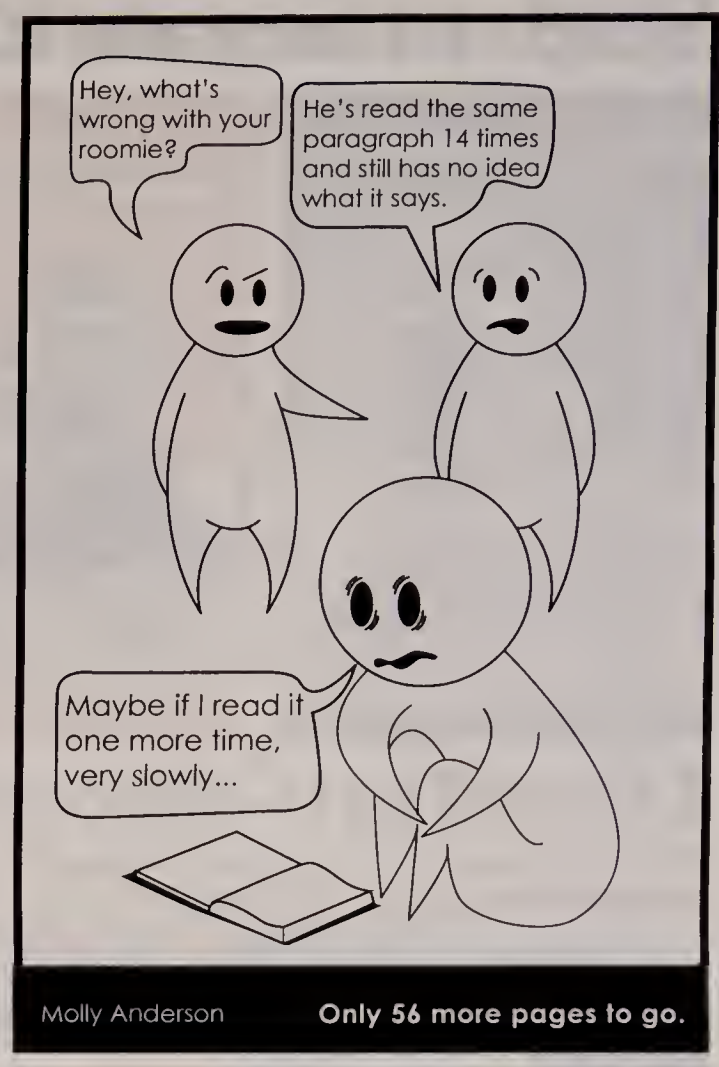
Third, follow the 80/20 rule to build strong networking relationships. Manage a conversation by listening 80 percent of the time and talking only 20 percent of the time.

Fourth, remembering names is very important to building a strong network. When you meet people, take note of their names so you can remember them in the future.

Finally, ask open-ended questions when talking with new connections in person and online. These questions help you get to know a person and learn more about their interests and career.

To learn more about networking, attended the Senior Year Experience– Networking with Alumni event on Feb. 9 from 6–7:30 p.m. in the Castle Room. To reserve your spot at the event contact me.

Derek Solheim is Pothwoys Center Associote Director for Career Services



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Opinions expressed in the Trumpet are those of the editorial board and are not necessarily representative of the opinions of the administration, faculty or staff at Wartburg College.

Letters to the editor are subject to editing without changing the meaning of the letter. Authors will not be notified of changes prior to publishing. Letters must be signed, fewer than 250 words, submitted by 9 p.m. Thursday and related to current issues in the Wartburg community. Letters may be sent to the communication arts office or emailed to trumpet@wartburg.edu. Please type "Letter to the Editor" as the subject line. Publication is at the discretion of the editor.

WHATS ON YOUR MIND:

Making V-Week part of every week

REBECCA FISHBUNE
GUEST COLUMNIST
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V-Week and The Vagina Monologues have been occurring on the Wartburg campus for six years now. We've been an official student organization for two years.

Rebecca Fishbune

With this sense of familiarity and routine, it's easy to forget how the ideals of the V-Day Campaign apply to our lives outside of the V-Week celebration. Why bother when V-Week will come around again in a year anyway, right?

It's important for everyone who attends The Vagina Monologues or any of the V-Week events to remember that this is not the only week in which women are marginalized.

The point of V-Week is to identify the injustices faced by women on a daily basis.

Violence doesn't stop from wishful thinking and deep discussion one week out of the year. Events hosted by the V-Day Campaign are intended to educate and spur action.

The Monologues are not the end point but just the beginning. As an organization, V-Day promotes education and donates money to Cedar Valley Friends of the Family, the local woman's shelter, but it is not enough to simply recognize the violence occurring around us.

Instead, it is far more fruitful to reflect on what you can do to promote equality in your daily lives. Are there more ways you can help women who have faced violence? Do you have time to spare to help out at your local women's shelter? Can you give of your self to make sure no woman in your life or around the world faces the intolerable cruelties of rape, domestic abuse or female genital mutilation?

Don't limit yourself. Remember, your efforts will help at least half the population.

Choice Words — WARTBURG SOUNDS OFF

I think some people are interpreting the phraee, "Be Orange," a little too literally.
–Stay out of the tanning bed

One person in a room meant for eight? Are you kidding me? I understand that group study roome are nice, but as the name implies, they are meant for a group, not just you!
–Trying to do groupwork

Under 50 daye until "The Hunger Gamee" hite theaters...
–I'm counting it down

I'll admit, it ie funny to watch people falling on all the ice! Still not eure why Wartburg oan't put any ealt down...
–Run out of our tuition money?

Dear girl stealing bottles from Knighte Village recyoling,
Again? Really? I'm watching you eteal.
–KV Creeper

It ie impoeeible to roll around the eohool in a euit and not feel like a boss.
–Suit up

Dear drunks,
Ie it neceeeary to get glaes all over the eidewalk for me to etep in on my way to church in the morning?
–Not a hopsootch fan

Who caree about the Super Bowl? I was way more excited for the Puppy Bowl!
–They're just in it for the treats

Has anyone ever wondered if lice was a problem for the Sorting Hat? That hat is sentient! That would not be fun...
–Feeling bad for it

"I just want to fight on top of a train, is that too much to ask?"
–Overheard in the library

I really wieh Noel Fieilding would get famous in the U.S., becauee I love how he just pops up in showe.
–BBC Fan

Did anybody else realize that Kevin Spacey is the voice of Hopper in "A Bug's Life?"
–How awesome is that?

Hey Grand View,
It'd be nice to get a little credit here for Viking Vents...
–You even took our font

Dear Meietermonsters,
We won't miee you.
–Happy to see you go

I am eeriously considering faking my own death juet to throw Knighcallere off my trail.
–#Senioryearproblems

Dear Whovian,
I'd love to, but my eohedule is a little wibbly wobbly timey whimey.
–Tardis landing time for next week?

Dear Friend,
Thanke for showing me your $50 planner. Now my planner ien't any good and I can't justify spending that muoh for eomething I'll use for one year.
–Planner envy

Dear Wartburg Internet,
Why are you so slow? I just want to watch "Never mind the Buzzoooks!"
–Avid YouTuber

THE Circuit WARTBURG COLLEGE
www.wartburgcircuit.org

Choice Words is dedicated to the (truthful?) expression of the students, faculty, staff and alumni of Wartburg College. Want to share your thoughts, observations or wisdom? Serious or delirious, it's time that you're heard! Either go to the Circuit or tweet #choicewords to see your thoughts here! The Trumpet reserves the right to censor inappropriate and libelous comments.

NEWS

Student Senate Executive Candidates 2012

Reed Pedersen, '13 & Dan Mysnyk, '13

- Better communication between:
  - Senators
  - Senators and students
  - Senators and administration
- Greater involvement with the off campus students
- Making Wartburg College an even better place to be

Curt Hruska, '13 & Kelsey Scherven, '13

- Improvements with ITS
- Updating residential halls
- Extend dining service hours
- Focus on International Program

Hollis Hanson-Pollock, '13 & Josh Trueblood, '13

- Empower the Student Body by listening to every voice
- Increase communication to students, among Senate, and within student organizations
- Encourage the administration to allocate more resources to ITS
- Advocate for the importance of first-year residence hall renovations

Treasurer:
David Nelson, '13

Recorder
Aaron Moore, '15
Adam Yotter, '15
Nicole Harrison, '15

Presidential debates will be held on Tuesday, Feb. 7 in Science Center 102 at 7 p.m.

Election is Feb. 14.

Liberal arts education benefits after graduation

JERICA GEORGE *STAFF WRITER*
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A new study released last week by the Social Science Research Councils shows students with skills most associated with a liberal arts education were more likely to find success after college.

Todd Coleman

Todd Coleman, assistant vice president for admissions, said that a liberal arts education like the one Wartburg students receive, gives them a diversified background that is attractive to employers.

"I think a Liberal Arts degree is very powerful, because it makes people marketable to a variety of different jobs and industries," Coleman said.

This may be one of the reasons why Wartburg has such a high job placement rate. Six months after college, job placement or graduate school is in the ninetieth percentile for Wartburg students.

Wartburg is very competitive among other small liberal arts schools because they are in the same range as Wartburg for job placement and graduate school, Coleman said.

With students wanting to go out into the real world and use their college education many students wonder if their liberal arts degree is more appealing. When asked whether having a liberal arts education is more alluring to employers, Vicki Edelnant, director of pathways, said, "The smart ones."

Edelnant said the most appealing skills are thinking critically, communicating clearly both orally and in written form and the ability to work with others well to produce a quality product.

Paul Breen of San Francisco State University said there are nine skills someone with a liberal arts education should have.

Those skills include information management skills, design and planning skills, research and investigation skills and more.

With all the skills acquired through a liberal arts education and Wartburg's high job placement rate, Wartburg students still graduate with debt. But, Coleman said Wartburg at least gets its grads out into the workforce quickly.

"I think that they fact that we graduate the majority of our students in four years, they're not tacking on a fifth or sixth year of education," said Coleman.

While Wartburg cannot provide students with the research resources or Div. I athletics of larger state schools, the college's ranking in the 2012 edition of Best Colleges of National Liberal Arts Colleges in U.S. News and World Report shows the value of Wartburg's education on a national scale, Coleman said.

Edelnant said liberal arts degrees leave students in a good position to deal with obstacles in the future.

"The world is changing so fast, and so what liberal arts prepares you to do is be a lifelong learner,"

Waverly plans renovations to aquatic center facilities and pools

JIM KRAJEWSKI *ASST. NEWS EDITOR*
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City of Waverly officials have reviewed preliminary concepts for renovations to the local aquatic center.

Leisure Services Director Tab Ray said improvements may include new slides, a larger pool and an improved concessions area.

"We're getting close to 14 years on the [last] renovation," Ray said. "A lot is still to be decided, but we're getting feedback on new renovations and some additions to the pool."

The city contracted an engineer two years ago to asses the structural integrity of the pool. Ray said they found it to be in good shape. Since then, he has been assessing possible cosmetic changes to the pool.

Ray said the town has been trying to make a change to the center every year. Those include park benches made from recycled material and adding more handicapped parking.

These renovations could provide some extra money to the city. Ray said Waverly is losing potential pool-goers to newer facilities Cedar Falls.

"They have slides and zero-depth pools and things splashing everywhere. That means we're losing money from families and teens in Waverly and surrounding areas," Ray said.

Much of that money comes from the concessions that pools sell. Ray said the cost of food and drink can be comparable or exceed the price of admission in some cases.

"It's pretty much what you see going on at movie theaters," Ray said. "If we have good options for people to eat at the pool, they'll stay there instead of going to fast food later or bringing food to the pool."

Plans for renovations have varied costs to the city. Any changes that cost up to $700,000 will not require a public referendum. However, Ray said renovations are likely to exceed that amount.

The city is not the only group reviewing plans for the pool. Ray said the Waverly swim club is working closely with city officials to review changes.

In addition, city officials will be surveying Waverly residents around town to see what they think about possible renovations.

Officials will be taking input at the Waverly public library, the Waverly Health Center, "The W" and more in coming weeks.

Even though "The W" has its own pool system, Ray said any renovations would also be made with college students in mind. He said the town is looking to attract college students with an expanded outdoor pool and better overall facilities.

"We're looking to overhaul a lot more about the park space we have near the pool. There's still a lot we can do with it," Ray said.

He said the college has good facilities at "The W," but an outdoor pool is something that Wartburg does not offer on campus.

Ray said the city is looking at 60 years of life left on the pool after these renovations are made.

Pizza Hut Pizza Hut Pizza Hut

Mighty Monday Pzone's- Choose up to 3 toppings

Tuscani Tuesday- Family size of Pasta and 5 breadsticks for $10.
Choose Meaty Marinara or Chicken Alfredo.

Wing Wednesday- Wings for only 50 cents.
Choose Hot, Mild or Boneless.
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10 excuses that won't get you out of a parking ticket

KELSEY BEMUS *STAFF WRITER*

With 4,500-5,000 parking tickets given out each school year adding up to roughly $42,000-$48,000, Director of Campus Security and Safety John Myers said he has heard his fair share of excuses for why students think they should not have to pay their tickets. Here are the top ten excuses Myers tends to hear:

- ☐ I lost my keys.
- ☐ My car broke down.
- ☐ That's not my car.
- ☐ A friend parked my car.
- ☐ It's too cold out.
- ☐ I never thought you would catch me.
- ☐ It's worth the cost for me to park there.
- ☐ It's a public street, I have the right to park there.
- ☐ I was the designated driver for a drunk person.
- ☐ I was too drunk to drive.

Myers said that he does not hear the last comment too often, but it has definitely been the most unique. He also said that students can have one free appeal to get out of a ticket. They must bring it to the security office within the first seven days of the ticket, however, or it will be automatically be put on their student account.

Molly Anderson/ *TRUMPET*

After a month delay The Castle is released

KRISTINE MILBRANDT *STAFF WRITER*
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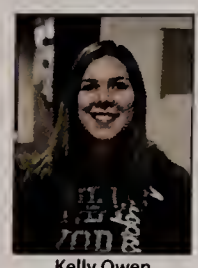
For all the literary enthusiasts out there who have been eagerly awaiting the arrival of the fall edition of The Castle, the wait is over.


Kelly Owen

Usually, the fall issue is distributed throughout campus just before Christmas break, but co-editors Owen and Sam Anderson decided to hold its publication due to design problems.

"Sam and I have been working on setting up a layout that will carry over into this next semester and future years," Owen said.

"When we first started, we didn't have the logos from previous years. We didn't have anything. That's part of the problem," she said. "If you have to redesign the layout every semester, it takes a lot longer and there's just no way you can come out with a quality product."

Professor David Herwaldt of the art department assisted the co-editors with the design.

Owen said he helped implement changes they didn't have the capability to do before.

"Back in the fall, Kelly and Sam and some of their colleagues put together a design for The Castle and frankly, it wasn't terribly readable and it also had some distinct production problems," Herwaldt said.

Herwaldt assisted Anderson and Owen in determining the most readable, easily produced and inexpensive format that would best suit the magazine.

"One of Kelly's and Sam's concerns, and I think they achieved what they wanted admirably, was a format that could really be subsequent to Castle editors and designers, so they spent a lot of time thinking about layouts and formats, and I think they resolved it really well," Herwaldt said.

The theme for this issue was graphic novels.

Typically, the process of putting The Castle together begins around a month into the semester with a call for submissions from Wartburg students, Owen said.

After the deadline, a panel of students involved with the organization vote on which entries of poetry, prose and photography should be published.

The editors then thoroughly proofread each selection for misspellings and grammar mistakes.

"We like to preserve the author's work as much as we can," Owen said.

The editors then create a design for the magazine and send it to a print shop, which Owen said has also taken up a lot of time.

"It's been a lot of waiting, but I think the final product is going to be ten times better than we've ever had," Owen said.

"I think it's a pretty handsome magazine," Herwaldt said. "Most of the credit goes to Sam and Kelly for implementing the designs.

"The stories and the poems and the pictures are really foregrounded and emphasized as they should be. So you ask was it worth it. Absolutely."

The Castle will publish a fairy tale-themed edition this spring. Owen said they are already working on the issue.

Stick to healthy New Year's resolutions

HANNAH BURLINGAME *STAFF WRITER*
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Once the ball drops at midnight, people start making New Year's resolutions.

One of the more popular resolutions for this year is the combination of eating healthier and working out more according to a poll from 2012resolutions.org.

At the beginning of the year, "The W" saw an increase in the number of people coming in to work out.

Old members have returned while new members are showing up as well, Sheila Kittleson, interim director of "The W," said.

However, the number of people attending has dropped a little.

Kittleson said people might be shifting their work out times making it difficult to tell if the number of those exercising is actually dropping.

For students, resolutions to be healthy might fall to the bottom of their priority list because they become busy with school, work and anything else that they are involved in, Kittleson said.

"Even though working out is good it can be time consuming.

"There are better options that come along and sometimes if you miss even just one time it is so much easier to tell yourself I'll do it later and then you never do," Justin Jackson, associate director of "The W," said.

A good way to stick to the resolution of working out is to treat it like a class, Jackson said.

When it is part of a person's schedule, he or she is less likely to skip it.

Another helpful way to stick to this resolution is to have a work out partner, Kittleson said.

The other half of this resolution combination is eating healthier.

"People always want a fresh start, a do-over. They want a new year to be everything that it should be," Dawn Wiegmann, director of Wellness and Health Promotion, said

"It's just a hope of improvement in many issues within people's lives."

One easy way to start eating healthier is by keeping a food journal to record what a person eats and how much they eat, she said.

People need to learn what their food weaknesses are and learn what they should eat. They need to have the self-discipline to follow throught, as well.

Wiegmann said to eat six times a day and know what healthy snack options are.

"People often do not stick to the resolution of eating healthier because they take on too much too soon," Weigmann said.

"They make it too hard too fast. Remember to set small goals and be realistic. If they don't have good accountability they usually don't continue with it."

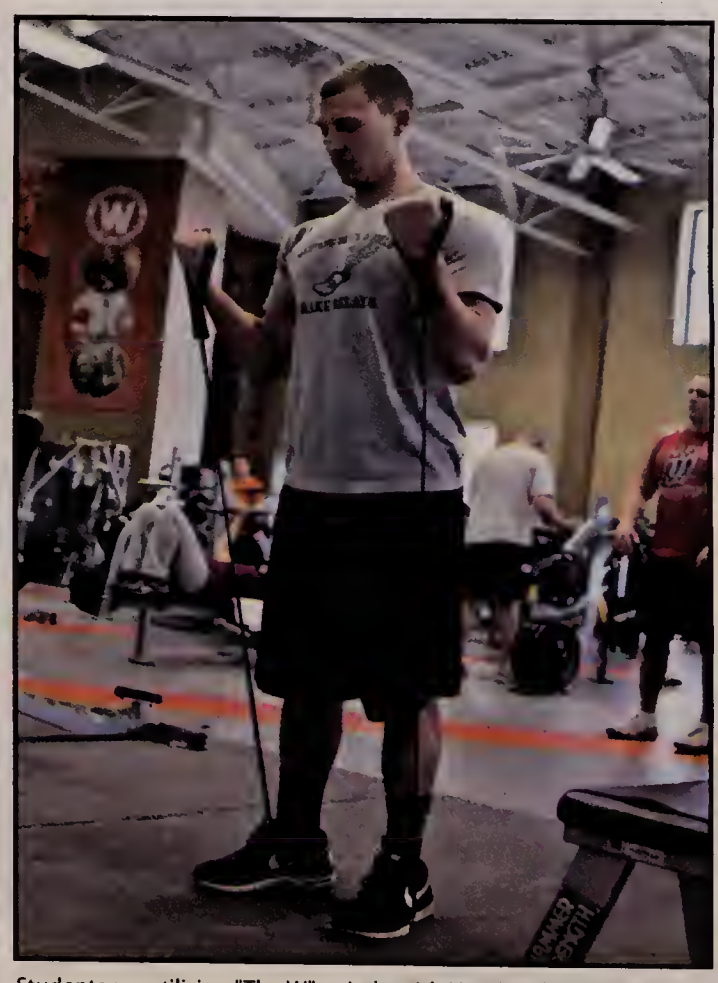
Besides setting small goals, it is easier to stick to resolutions by making habits, she said.

It also helps to celebrate when a person accomplishes a small goal.

Wiegmann also said dieting was not the best option.

"Just learn to live healthier and each day strive to do better. Knowledge is power and in time your mind will switch over to a healthier way of life," Wiegmann said.

According to 2012resolutions.org, sticking to plans and having determination will help ensure the success of a person's resolution.



Students are utilizing "The W" to help with New Year's resolutions about living healthier. Riley Anderson is working with resistance bands. — **Oxana Protchenko** / *TRUMPET*

KNIGHTLIFE

Herring comes to tell stories with music

CHRIS KENINGER *STAFF WRITER*
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Caroline Herring is a veteran musician and storyteller. She said music has played an important role in much of her life, starting out in the church choir and the school band, but she has been playing professionally since her late 20s.

The folk artist is performing on campus in the Chapel on Feb. 9 at 7 p.m. The Board of Regent's "Chair in Ethics Fund" is sponsoring her appearance.

"The intent is both to put on a great show by one of the best contemporary singer/songwriters of our time, while also providing a space for the audience to think through and experience how music can facilitate our ethical and spiritual formation," Jennifer McBride, Board of Regents chair in ethics, said. "Caroline's songs fit perfectly with our theme this year: telling our stories."

Herring said books are also an influence in her music.

"I'm a big reader. My mom directed our local public library in my hometown, and she started us reading from a young age," Herring said.

In one of her songs, "The Great Unknown," on her 2009 album "Golden Apples of the Sun," the lyrics include references from Dante's "Divine Comedy."

Herring said she reads the book annually with a group of her friends.

"I based this song on Dante and Virgil's descent into the depths of Hell," Herring said. "At the bottom they have to climb over Satan's body to exit.

"Because Dante, among others, thought that the world was flat, Dante and Virgil didn't have to go far before they were out of Hell altogether, and their first post-Hell visage was a magnificent sky full of stars. I just love that image."

Besides classic literature, Herring also likes poetry and said, "I do write a lot about the American South, and I also like writing about people's lives. I love using a song as a means of telling a story."

Herring is a native of Mississippi and a graduate of the University of Mississippi.

She said her foundation in the South and her love of literature and music moved her to aid in the creation of Thacker Mountain Radio.

"I cofounded this live-audience radio show as a graduate student at University of Mississippi," Herring said.

"We dedicated half the show to writers and the other half to musicians. It is still running, 13 years later, and airs weekly on Mississippi Public Broadcasting. I also played in the show's house band, The Sincere Ramblers."

Her first album debuted in 2001, and she said she anticipates releasing her seventh early this fall.

"I have almost finished recording and we will mix it in late February," Herring said.

A duo album with UK native Kathryn Roberts is also in the works, she said.

Herring said her sound has been shaped by the genres she has worked in. She said there's "a good bit of country, bluegrass, country blues, gospel, Americana and folk," but other musicians, such as Joni Mitchell and Kate Wolf, also impact her music.

She said she is still moving forward in performing and recording albums.

Caroline Herring is a folk singer inspired by music and literature. She will perform at Wartburg Feb. 9. — **Submitted Photo**

BSU celebrates Black History Month through the years

BSU celebrates diversity with their semi-annual open mic night. The group organizes many activities each year. — **File Photo**

RUT NASTITI *STAFF WRITER*
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The Black Student Union and Wartburg campus have celebrated diversity each Black History Month for decades.

This year, they will continue the tradition with various activities and black history education.

"Carter G. Woodson is the father of Black History Month. In the past, it used to be one week, but it was extended. It was called Negro History Week, African-American Month and later Black History Month," Krystal Madlock, director of student diversity programs and adviser for Black Student Union, said.

Madlock said during February, people talk about influential figures in the history of black Americans.

"Martin Luther King, for example, was an influential African-American in history. We had Malcolm X, now there is Oprah Winfrey," Madlock said.

"During this month, we reflect through the history of African-American societies. We learn what has changed to reflect the future."

Madlock said when she started to work at Wartburg in 1998, the college had acknowledged the month for a while.

Madlock said her aunt Court Turner, a Wartburg alumna, participated in some activities during Black History Month.

The activities the students did for past Black History Months were planned by the group that was the precursor to the current Black Student Union.

Madlock said it is not documented anywhere, however the current BSU organization has rekindled the presence of the former shape of BSU.

Kenneth Phelps, a 1985 alumnus, said BSU had different names in the past such as the Cultural Awareness Organization and the Black and Minority Awareness Organization.

Phelps said BSU has had several purposes on Wartburg's campus throughout the years.

"BSU was a place on campus for black students who would congregate to fellowship, party, cook, eat, listen to music, study and so on," Phelps said. "It was the one place on campus that we could call our own. We literally called it 'Black House.'"

Phelps said the BSU served as an organization to represent and lobby for black interests.

He said concerns within the black student population on campus were addressed.

"BSU served as the voice of the black student population and was a liaison between the college campus, administration and the black students," Phelps said.

He said during his time in college, the students were politically motivated.

"When we were here, there were only two African-Americans on staff. BSU organized a sit-in and demanded a meeting with President Vogel to add more African-Americans to the staff and administration of Wartburg," Phelps said.

"We successfully had Dr. Christina Thomas, hired as professor of social work, and created positions such as director of cultural diversity."

Phelps said BSU faced no major issues during that period, however.

Internally the BSU struggled with levels of student participation and engagement.

Tatiana Thompson, former president of BSU, said BSU has planned several activities this year to commemorate Black History Month.

Thompson said the activities this year include a candle light dinner in the ballroom. There will be a discussion about African-American history. On Feb. 19, BSU is hosting a game night in Cardinal Common. There will also be Taste of Soul, where the African-American students cook. Soul food will be served in Mensa on Feb. 21. With each event, she said there will be a focus on black history.

KEEP UP TO DATE WITH STUDENT SENATE

Here is what happened at our last meeting:

- **Teri Mueller and Marie Sorenson were appointed as senators.**
- **Senate leadership scholarship applications are due Friday, Feb. 10.**
- **Senate allocated $880 to the Trumpet for staff members to attend a conference in Minneapolis.**
- **The presidential debate will be on Tuesday, Feb. 7 at 7 p.m.**
- **Congratulations to Adam Yotter for being named Senator of the Month!**

Our next meeting is Thursday, Feb. 9.
Meetings take place at 11:30 a.m. in Buckmaster.
Everyone is welcome to join!

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SPORTS

Knights basketball tops Cornell

NATHAN FORD *ASST. SPORTS EDITOR*
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The Wartburg women's basketball team moved into a tie for first place in the Iowa Conference after a 69-63 victory over Cornell on Wednesday.

Three Knights scored in double figures, led by Abi Weidemann's 16 points. Stephanie Reiter had 15 points including three three-pointers and Terri Dirks contributed 11 points.

Rikki Mulloy scored 15 points for the Rams despite a scoreless first half. Taylor Dicus had a double-double with 14 points and 10 rebounds.

Wartburg was in full control in the first half as they went into the locker rooms with a 36-15 advantage. The Knight's defense held the Rams to 21.4 percent shooting in the first half including 0-6 from the three point line.

Wartburg began the second half right where they left off, leading by as many as 24 with just over 16 minutes remaining.

Cornell responded though as they cut the lead to single digits multiple times under three minutes, but never got closer then the final margin of six points as Wartburg left Mount Vernon with their third straight win.

Wartburg (16-5, 9-3) moved into a first place tie with Simpson (16-5, 9-3) after Coe (15-7, 9-4) dropped two straight games.

Both Wartburg and Coe split the season series with Simpson. Meanwhile, the Knights defeated the Kohawks in their first matchup and the two teams will meet again next week in one of Wartburg's four remaining conference games.

The Storm and Knights will be looking to win the conference championship outright in the next two weeks.

Simpson takes on Buena Vista (10-11, 5-7) and Cornell (8-11, 6-6).

This week Wartburg will travel to Dubuque (12-10, 7-6) on Wednesday at 6 p.m. as they look for revenge after a home loss in January. The Knights will return home on Saturday to face Loras (14-8, 9-4) on Saturday at 2 p.m.

The Wartburg men's basketball team avenged a home loss to Cornell on Wednesday when they defeated the Rams in Mount Vernon, 52-39.

Jordan Sathoff led the Knights in scoring with with 13 points. Darian Patterson was the next highest scorer with eight.

Alex Miller and Reggie Greenwood combined to score more than half of the Ram's points with 12 and 10 respectively.

Cornell had the lead for the majority of the first half and were up by as many as nine with 9:16 remaining. Sathoff's three-pointer gave Wartburg its first lead of the game, 19-18, with 3:58 remaining in the first.

Wartburg went into the halftime leading 23-20.

The lead remained in single digits for the first 15 minutes of the second half but the Rams never tied or went in front and the Knights pulled away for a 52-39 win.

Wartburg's defense held Cornell to 29.1 percent shooting from the field and 14.3 percent from the three point line.

The Knights, meanwhile, shot 40 percent overall and 26.3 percent from beyond the arc.

The Knights held a decisive advantage on the boards as they outrebounded the Rams 45-32.

The win improved Wartburg to 10-11 and 4-8 in the Iowa Conference. Cornell dropped to 3-17 overall and 1-10 in conference play.

The Knights currently sit in seventh place in the IIAC which is one spot away from qualifying to the six-team conference tournament. They are two games behind both Central (14-7, 6-6) and Simpson (9-11, 6-6).

All three teams have four conference games remaining as they try to qualify for the conference tournament. The Knights lost their first game to Central and split the season series with Simpson. The Dutch lost to the Storm in their first matchup and will host both Simpson and Wartburg next week.

This week, Central travels to Loras (5-17, 2-11) and Luther (16-5, 10-3) while Simpson hosts Buena Vista (12-9, 8-4) and faces Cornell on the road.

Wartburg will return to action on Wednesday when they take on the Spartans at Dubuque (16-6, 10-3). They will then return home on Saturday to host Loras.

Leslie Wilson drives past a defender in a game earlier this season. Wilson had eight points and eight rebounds in the win against Cornell.-FILE PHOTO

Men's tennis starts new season

NATHAN FORD *ASST. SPORTS EDITOR*
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The Wartburg men's tennis team opened its 2012 spring season at home with victories over Edgewood and Central.

The Knights swept Edgewood in their opening match, 9-0.

Wartburg dropped only one game in doubles play and eight games in singles.

Winners for the Knights included Chris Buckingham, Eric Hilpert, Brian Rassmussen, Dayton Stevens, Josh Trueblood and Blayne Willadsen.

The doubles teams of Buckingham and Trueblood, Rassmussen and Hilpert, and Stevens and Willadsen were victorious.

After winnning their morning match, Wartburg faced Central, which also swept Edgewood, in the afternoon.

All three doubles teams won once again for the Knights.

The team followed their double's wins with six consecutive victories on the single's side of the bracket for the match.

The six Knights who earned victories were Buckingham, Rassmussen, Hilpert, Willadsen, Stevens and Trueblood.

The Knights will not have another home match until March 24 when they host Dubuque.

Wartburg (2-0) will continue its season Sunday when they face Ripon (0-0) on the road at 1 p.m.

Knight's programs carry legacy

◂ continued from p.8

"At first I got weird looks when I'd wear my Luther shirt to work," Larson said."But by now everyone's pretty used to it. I'm a proud mom, I have to cheer them on, but I'm also a loyal Knight."

Severson said she's had a chance to see a lot of student athletes come through the program at Wartburg, and she's glad her son will too.

"I have had the opportunity over the years to see our student athletes at Wartburg have quality experiences in athletics that truly impact their lives," Severson said. "Ryan wanted to be part of a team that is welcoming and supportive. He has experienced that with his participation in the track program."

Larson said that even though her sons plays for a rival schools, she still appreciates all the experiences he's had with Wartburg.

"You know, he chose Luther, but it wasn't because of any negative experiences he had at Wartburg. He loved everyone he came into contact with here," Larson said.

Student Senate and Wartburg TV brings:
the live presidential debate

Watch live on Ch. 8...

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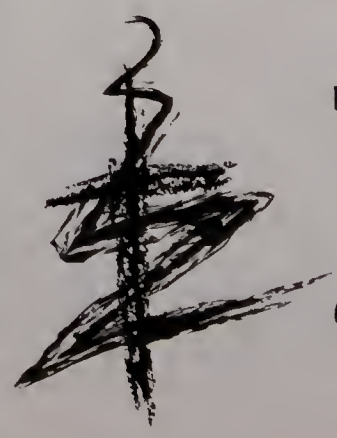
Watch the debate, join the chat online Thursday, Feb. 9 from 8-9 p.m.

2012 Summer Camp Fair
February 13, 11 a.m. - 4:30 p.m.
Saemann Student Center



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TRUMPET SPORTS

Wartburg defeats Cornell 7
For the last time, the Knights traveled to Mount Veron and beat the Rams.

UPCOMING SCHEDULE

Wednesday	M/W Basketball @ Dubuque
	Wrestling vs. Loras
Saturday	M/W Track @ ISU Classic
	M/W Track @ Dennis Young
	M/W Track @ UW- Platteville
	M/W Basketball vs. Loras
Sunday	M Tennis @ Ripon

Kenny Anderson wrestles Mike Fuenffinger at 125-pounds during the "Battle of the Burgs," last Thursday. Anderson won by an 8-3 decison putting the Knights ahead after the first match 3-0. — Oxana Protchenko/*TRUMPET*

'Battle of the Burgs'

No. 1 wrestling defeats No. 2 Augsburg live on IPTV

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The No. 1 ranked Wartburg wrestling team hosted No. 2 Augsburg on Wednesday, and defended their ranking and home mat.

The Knights already beat the Auggies at the National dual 29-6, in a match that statistically should have been closer, before beating them again at home 22-17.

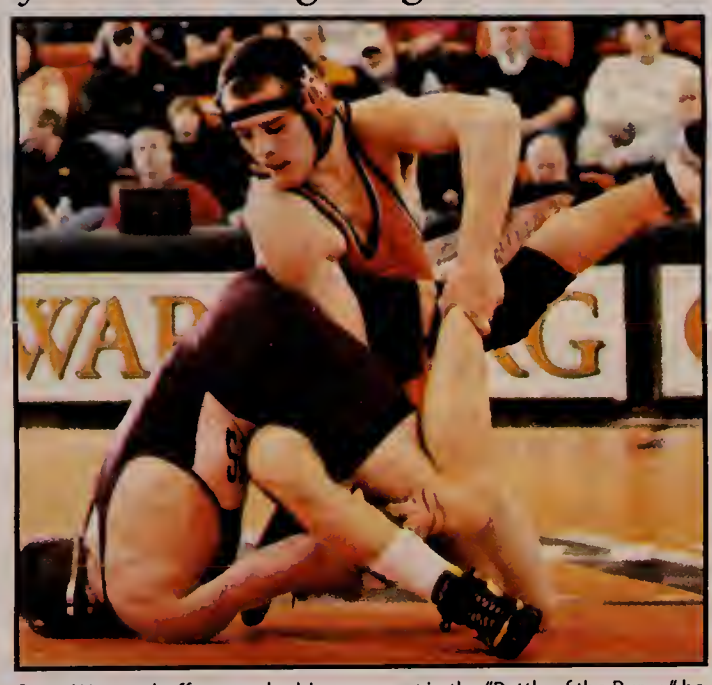
"Anytime you wrestle those guys it's going to be a battle," co-head coach Eric Keller said. "As far as our performance, I didn't feel like our guys wrestled at their best."

The Knights began with a win by No. 2 Kenny Anderson defeating Mike Fuenffinger 8-3 at 125-pounds.

Augsburg tied it up after No. 7 Tom Kuehn upset No. 4 Tommy Mirocha 7-6 at 133-pounds.

The Knights and Auggies continued to trade points, as Wartburg won at 141-pounds with No. 4 Kodie Silvestri defeating No. 6 Will Keeter, but Augsburg took the lead 9-6 after 149-pounds after No. 1 ranked Tony Valek pinned Drew Wagenhoffer.

The Knights fell behind even more, as No. 2 Orlando Ponce had a major decision over Cameron Wagner at 157-pounds, giving the Auggies a 13-6 lead going into 165-pounds.



Drew Waggenhoffer wrestles his opponent in the "Battle of the Burgs," he was up five points before he was injured. — Oxana Protchenko/*TRUMPET*

Wartburg came back, after winning four in a row by major decisions. No. 4 Landon Williams defeated Noel Sweeny at 165-pounds, No. 4 Brad Banks defeated Brandon Bahr at 174-pounds, No. 4 Dylan Azinger defeated Matt Hechsel at 184-pounds and No. 1 Byron Tate defeated No. 4 Brad Baus at 197-pounds.

The Auggies closed out the match with a major decision win by No. 1 Chad Johnson over No. 6 Ryan Fank at heavyweight.

"I couldn't help but not have a bad feeling about that dual," Keller said. "I just didn't feel good about it, I mean I'm glad we won, but as a whole, I didn't feel good about it."

The Knights went to Loras on Saturday for the DuHawks open, and had two individual champions in Sam Upah and Kevin Hein.

The Knights will host their final conference dual of the season against Loras on Wednesday. Wartburg will try to extend their conference win streak to 159. The first match is scheduled for 7 p.m.

Track and field wins 11 events at home select

DREW SHRADEL *SPORTS EDITOR*
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The Knights track and field team held their Wartburg Indoor Select meet this weekend, and won 11 events.

The meet was not just about the running and field events though, as this was also the cancer awareness meet, where the Knight's honored Wartburg and track and field alumna Kelsey Steffens's mother, who is battling breast cancer.

The Hoover Fieldhouse was filled with pink shirts, headbands and uniforms.

The meet took a break in the middle for an honorary walk around the track, where rivalries were set aside, and anyone at the meet, even from opposing teams, joined head coach Marcus Newsom and Steffens on the orange oval.

"I wanted our track and field family to understand that as students they go through some hard times," Newsom said. "I wanted them to see that there are people so much worse off than they are."

The No. 1 Wartburg women's team won the meet and had six event wins, including Camesha Goods who won her second straight pentathlon setting a new school record with a score of 3,251 points. She also won the 60 meter hurdles with a time of 8.99 besting her own school record. Faith Burt won the 60-meter dash setting a new school record at 7.74, beating teammate and previous record holder Skye Morrison.

Morrison did her own record setting though, jumping 20 feet 3 inches in the long jump, and beating her previous record by eight inches. The jump is also a new IIAC record.

Sarah Hoffman also won in the field events, with a throw of 44 feet 7 inches in the shot put.

"We're still training very hard," Newsom said. "But I am really proud of how our athletes handle a tough week of training, and then compete at a high level."

The No. 10 ranked men's team finished second in the meet, but had five winners.

Wendell Booth took home the long and triple jump, jumping 22 feet 4 inches and 44 feet 11 10 inches respectively.

Chris Keninger won the 800 meter run with a time of 1:58.70, and Justin Hochstetler won the 1000-meter run with a time of 2:43.82 along with distance teammate Grant Moser winning the 3000-meter run with a time of 8:51.96.

Tate DeMeulenaere finished second in the heptathalon, but set a new school record of 4,345 point

The Knights will split next week into three different meets, the Dennis Young classic at BVU, ISU Classic and to UW-Platteville.

Head track and field coach Marcus Newsom and Kelsey Steffens walk during the cancer walk on Saturday. — Oxana Protchenko/*TRUMPET*

Wartburg staff and faculty members leave college to their kids' wishes

TORIE JOCHIMS *ONLINE EDITOR*
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Each year at Wartburg, several cheers from the Knights' stands at sporting events can be heard from parents of the players who are also staff at the school.

Monica Severson, women's golf coach, said her son's choice to come to Wartburg had little to do with her own encouragement.

"I wanted to make sure he looked at other schools so he could do what was best for him, but in the end he had his heart set on Wartburg. He made his mind up on his own with that one," Severson said.

Severson's son, Ryan is a freshman who is running track this spring.

"Because Ryan has known the coaches for a long time, and they've been a part of his life in other aspects, it was a different sort of recruitment process for him," Severson said.

Though some Wartburg staff and faculty have children who call themselves Knights; there are others whose children call different schools in the IIAC their home away from home. Dalissa Larson's sons attend Luther and Central. Dane plays basketball for the Norse and Joe Runs Track and play's football for Central.

"Well, for my oldest it was tough. I really was rooting for him to come to Wartburg, and he was considering it. He was heavily recruited both here and at Luther," Larson said. "In the end, though, he wanted that full college experience and for him that included moving away from home."

Larson said she always cheers her Knights on, except when her son is on the court.

KNIGHTS FACE ▶ —p.7